

COMMONWEALTH GAMES FEDERATION

Commonwealth Womens Classic Benchpress Championships, Sun City (South Africa), 04-13.10.2024

SCORESHEET

Rnk	Lifters	d.o.b.	Team	BWT	IPF GL Cf.	Lot	1 Att.	2 Att.	3 Att.	Result	IPF GL	Pts
Open												
-47kg												
1.	Sohail Sybil	12.04.91	PAK	46,70	1,0676	1	27,5	30,0	32,5	32,5	34,70	12
-52kg												
1.	Westray Emily	03.09.97	ENG	50,95	0,9753	12	62,5	67,5	70,0	70,0	68,27	12
2.	Mercer Ceileidh	06.07.98	SCO	51,90	0,9589	11	62,5	67,5	70,0	70,0	67,12	9
3.	Olsen Kayleigh	20.06.96	SCO	49,00	1,0133	10	55,0	57,5	62,5	57,5	58,27	8
-57kg												
1.	Smith Megan-Li	13.04.96	NZL	52,45	0,9500	20	92,5	97,5	100,0	100,0	95,00	12
2.	Kaye Sheina	19.09.97	ENG	54,95	0,9141	19	85,0	90,0	92,5	92,5	84,55	9
3.	Judge Holly	10.09.89	SCO	55,40	0,9083	18	65,0	70,0	72,5	72,5	65,85	8
4.	Ranjeeta Ranjeeta	15.06.84	IND	55,15	0,9115	21	37,5	37,5	40,0	40,0	36,46	7
-63kg												
1.	Mackie Charlotte	19.10.98	ENG	61,35	0,8474	27	87,5	95,0	100,0	100,0	84,74	12
-69kg												
1.	Roberts Ellen	02.04.97	ENG	66,20	0,8130	31	90,0	97,5	102,5	102,5	83,33	12
2.	Henry Alexandra	08.08.99	ENG	68,20	0,8016	32	92,5	100,0	100,0	100,0	80,16	9
3.	Nicole Higginson	23.07.97	SCO	66,85	0,8091	33	70,0	75,0	80,0	75,0	60,68	8
-76kg												
1.	Neill Chloe	30.08.99	SCO	73,50	0,7772	12	75,0	80,0	85,0	85,0	66,06	12
2.	Blum Lisa	25.11.94	SCO	72,10	0,7829	13	72,5	77,5	82,5	82,5	64,59	9
3.	Edwards Laura	27.10.94	NI	74,95	0,7718	14	50,0	55,0	60,0	60,0	46,31	8
-84kg												
1.	Baker Katie	12.04.94	ENG	81,85	0,7511	25	87,5	95,0	97,5	97,5	73,23	12
2.	Sohail Twinkle	03.03.96	PAK	76,55	0,7662	26	45,0	50,0	52,5	52,5	40,23	9
84+kg												
1.	Catriona Bell	02.04.93	SCO	95,50	0,7270	44	97,5	102,5	102,5	102,5	74,52	12
2.	Scobie Mairi	08.10.97	SCO	120,10	0,7098	42	92,5	97,5	102,5	102,5	72,76	9
3.	Firth Talia	16.06.92	ENG	99,30	0,7228	43	95,0	100,0	102,5	100,0	72,28	8
4.	Moloney Annabel	19.10.95	ENG	132,40	0,7064	39	85,0	90,0	95,0	95,0	67,11	7
5.	Sharma Bhavana	01.12.92	IND	85,00	0,7439	41	60,0	67,5	72,5	67,5	50,21	6
6.	Gilgunn Laura	15.05.93	NI	95,90	0,7266	40	60,0	62,5	65,0	65,0	47,23	5

Team (points)

1.	England	57	[12+12+12+12+9]	394,12	IPF GL
2.	Scotland	51	[12+12+9+9+9]	345,06	IPF GL
3.	Pakistan	21	[12+9]	74,92	IPF GL
4.	Northern Ireland	13	[8+5]	93,53	IPF GL
5.	India	13	[7+6]	86,67	IPF GL
6.	New Zealand	12	[12]	95,00	IPF GL

Best Lifters of Open by IPF GL Formula

Rnk	Lifter	Team	Bwt	Result	IPF GL Points	C.Rnk
1.	Smith Megan-Li	New Zealand	52.45	100,0	95,0015	1
2.	Mackie Charlotte	England	61.35	100,0	84,7384	1
3.	Kaye Sheina	England	54.95	92,5	84,5530	2

Sub-Juniors

-52kg												
1.	Lindsay Teagan	26.07.06	IMN	48,35	1,0275	8	32,5	37,5	40,0	40,0	41,10	12
-57kg												
1.	Clarke Violet	18.10.07	ENG	54,95	0,9141	17	35,0	40,0	45,0	45,0	41,13	12
-63kg												
1.	Fox Jana	22.10.07	RSA	61,65	0,8449	26	52,5	55,0	57,5	57,5	48,58	12
-76kg												
1.	Kunadu Princess	14.01.06	ENG	75,55	0,7696	11	75,0	80,0	85,0	85,0	65,42	12
-84kg												
1.	Tatum Katie	25.11.06	ENG	81,70	0,7514	24	50,0	60,0	65,0	65,0	48,84	12

84+kg												
1.	Weldon Freya	29.06.08	IMN	104,50	0,7183	38	30,0	35,0	40,0	40,0	28,73	12

Team (points)

1.	England	36	[12+12+12]	155,40	IPF GL
2.	Isle of Man	24	[12+12]	69,83	IPF GL
3.	South Africa	12	[12]	48,58	IPF GL

Best Lifters of Subjuniors by IPF GL Formula

Rnk	Lifter	Team	Bwt	Result	IPF GL Points	C.Rnk
1.	Kunadu Princess	England	75.55	85,0	65,4191	1
2.	Tatum Katie	England	81.70	65,0	48,8442	1
3.	Fox Jana	South Africa	61.65	57,5	48,5832	1

Juniors

-52kg												
1.	Davenport Megan	01.02.01	ENG	48,45	1,0253	6	62,5	67,5	72,5	72,5	74,33	12
2.	Supriya Pandurang Supekar	10.10.01	IND	50,40	0,9854	5	42,5	47,5	50,0	50,0	49,27	9
3.	Sohail Veronika	21.07.02	PAK	48,10	1,0332	7	25,0	30,0	32,5	32,5	33,58	8
-57kg												
1.	Patidar Vanshika	29.09.03	IND	56,00	0,9009	16	50,0	52,5	57,5	52,5	47,30	12
-69kg												
1.	Windebank Abbie	09.02.01	ENG	68,00	0,8027	30	80,0	85,0	87,5	80,0	64,21	12
-76kg												
1.	Alsop Eilin	25.05.02	SCO	73,95	0,7755	10	75,0	80,0	82,0	82,0	63,59	12
2.	Varley Estelle	18.04.01	ENG	71,20	0,7869	9	57,5	62,5	62,5	57,5	45,24	9
-84kg												
1.	MacDonald Fiona	11.12.02	SCO	76,10	0,7677	23	75,0	80,0	82,5	82,5	63,34	12
2.	Gill Lucy	29.04.02	ENG	81,60	0,7517	22	60,0	67,5	72,5	67,5	50,74	9
84+kg												
1.	Harvey Karmen	14.08.01	ENG	113,10	0,7128	37	70,0	80,0	X	80,0	57,03	12

Team (points)

1.	England	54	[12+12+12+9+9]	291,55	IPF GL
2.	Scotland	24	[12+12]	126,93	IPF GL
3.	India	21	[12+9]	96,57	IPF GL
4.	Pakistan	8	[8]	33,58	IPF GL

Best Lifters of Juniors by IPF GL Formula

Rnk	Lifter	Team	Bwt	Result	IPF GL Points	C.Rnk
1.	Davenport Megan	England	48.45	72,5	74,3315	1
2.	Windebank Abbie	England	68.00	80,0	64,2124	1
3.	Alsop Eilin	Scotland	73.95	82,0	63,5894	1

Masters 1

-52kg												
1.	Clarke Kate	02.07.83	ENG	52,00	0,9573	4	45,0	55,0	60,0	60,0	57,44	12
-57kg												
1.	Inamdar Dr Sharvari	21.02.83	IND	56,85	0,8910	15	70,0	75,0	77,5	77,5	69,05	12
2.	Brooke Michelle	07.09.82	ENG	53,95	0,9276	14	37,5	40,0	45,0	40,0	37,10	9
-63kg												
1.	Roy Anita	21.12.77	IND	62,15	0,8409	25	60,0	60,0	70,0	70,0	58,87	12
-69kg												
1.	Jones Delyth	04.12.82	WAL	67,85	0,8035	29	72,5	77,5	77,5	77,5	62,27	12
-76kg												
1.	o'Neil Carole	22.12.77	ENG	74,85	0,7721	7	80,0	85,0	90,0	90,0	69,49	12
2.	Palmer Georgina	21.08.75	ENG	74,80	0,7723	8	67,5	72,5	75,0	75,0	57,92	9
-84kg												
1.	Carrington Helen	05.01.76	WAL	83,45	0,7473	20	77,5	80,0	82,5	82,5	61,65	12
2.	Grant Lisa	11.06.77	IMN	79,40	0,7575	19	65,0	67,5	72,5	72,5	54,92	9
3.	Fysh Kelly	11.12.81	ENG	82,00	0,7507	18	67,5	67,5	72,5	72,5	54,43	8
4.	A Ghodekar Gauri	16.04.83	IND	79,35	0,7577	21	67,5	70,0	72,5	70,0	53,04	7
84+kg												

1. Parkin Joanne	31.05.75	SCO	121,40	0,7093	34	102,5	107,5	112,5	112,5	79,80	12
2. Tocher Claire	25.08.84	SCO	93,80	0,7292	36	95,0	100,0	105,0	105,0	76,57	9
3. Gaffney Fiona	08.09.77	ENG	111,30	0,7138	32	95,0	97,5	102,5	102,5	73,16	8
4. Buckle Caroline	30.08.79	ENG	103,65	0,7189	33	82,5	85,0	90,0	90,0	64,70	7

Team (points)

1. England	50	[12+12+9+9+8]	295,12	IPF GL
2. India	31	[12+12+7]	180,96	IPF GL
3. Wales	24	[12+12]	123,92	IPF GL
4. Scotland	21	[12+9]	156,37	IPF GL
5. Isle of Man	9	[9]	54,92	IPF GL

Best Lifters of Masters 1 by IPF GL Formula

Rnk	Lifter	Team	Bwt	Result	IPF GL Points	C.Rnk
1.	Parkin Joanne	Scotland	121.40	112,5	79,8019	1
2.	Tocher Claire	Scotland	93.80	105,0	76,5656	2
3.	Gaffney Fiona	England	111.30	102,5	73,1620	3

Masters 2

-52kg												
1.	Vernelli Toni	14.09.71	ENG	51.15	0.9717	3	55.0	57.5	60.0	57.5	55.87	12

-57kg												
1.	McCormick Maggie	01.11.73	NI	53,80	0,9297	13	47,5	55,0	57,5	57,5	53,46	12

-63kg												
1.	Spragg Rachel	28.10.70	ENG	62,45	0,8386	22	57,5	60,0	62,5	62,5	52,41	12
2.	Lindsay Kerry	06.02.73	IMN	62,45	0,8386	23	45,0	47,5	50,0	50,0	41,93	9
3.	Holden Joanne	09.05.66	ENG	58,95	0,8689	24	42,5	45,0	47,5	47,5	41,28	8

-76kg												
1.	Sharma Sweety	28.12.73	IND	74,30	0,7742	6	60,0	62,5	65,0	62,5	48,38	12
2.	Norton Ruthie	30.01.69	NI	74,45	0,7736	4	42,5	45,0	47,5	47,5	36,75	9
3.	Elfleet Liz	24.01.66	ENG	74,05	0,7751	5	35,0	37,5	40,0	40,0	31,00	8

-84kg												
1.	Lauder Angela	03.02.70	SCO	83,70	0,7467	16	72,5	77,5	82,5	82,5	61,61	12
2.	McKendry Karen	13.03.73	ENG	77,35	0,7637	17	75,0	77,5	82,5	77,5	59,18	9
3.	Kehoe Emma	29.03.72	ENG	82,95	0,7484	15	67,5	72,5	77,5	72,5	54,26	8

84+kg												
1.	Laird Joanne	24.11.72	ENG	135,85	0,7058	28	90,0	95,0	102,5	102,5	72,35	12
2.	Mulholland Kyla	21.07.74	NI	107,60	0,7160	29	92,5	95,0	100,0	100,0	71,60	9
3.	Bell Lisa	22.12.74	NI	145,95	0,7044	30	77,5	80,0	82,5	80,0	56,36	8
4.	Dent Senga	05.04.72	SCO	112,75	0,7130	31	62,5	70,0	77,5	77,5	55,26	7

Team (points)

1. England	53	[12+12+12+9+8]	294,08	IPF GL
2. Northern Ireland	38	[12+9+9+8]	218,16	IPF GL
3. Scotland	19	[12+7]	116,86	IPF GL
4. India	12	[12]	48,38	IPF GL
5. Isle of Man	9	[9]	41,93	IPF GL

Best Lifters of Masters 2 by IPF GL Formula

Rnk	Lifter	Team	Bwt	Result	IPF GL Points	C.Rnk
1.	Laird Joanne	England	135.85	102,5	72,3453	1
2.	Mulholland Kyla	Northern Ireland	107.60	100,0	71,6026	2
3.	Lauder Angela	Scotland	83.70	82,5	61,6052	1

Masters 3

-69kg												
1.	Derby Janet	06.11.62	ENG	66,50	0,8112	28	42,5	45,0	47,5	45,0	36,50	12

-76kg												
1.	Evans Delwyn	01.01.64	NZL	73,60	0,7768	2	72,5	75,0	77,0	77,0	59,82	12
2.	Wheeler Janine	13.12.60	CAN	75,50	0,7698	1	45,0	50,0	55,0	55,0	42,34	9

84+kg												
1.	Blasbery Jackie	10.03.63	ENG	97.95	0.7242	27	60.0	67.5	70.0	70.0	50.70	12

Team (points)

1. England	24 [12+12]	87,20 IPF GL
2. New Zealand	12 [12]	59,82 IPF GL
3. Canada	9 [9]	42,34 IPF GL

Best Lifters of Masters 3 by IPF GL Formula

Rnk	Lifter	Team	Bwt	Result	IPF GL Points	C.Rnk
1.	Evans Delwyn	New Zealand	73.60	77,0	59,8160	1
2.	Blasbery Jackie	England	97.95	70,0	50,6971	1
3.	Wheeler Janine	Canada	75.50	55,0	42,3396	2

Masters 4

-52kg												
1.	Follis Lynda	10.10.52	ENG	50,60	0,9816	2	40,0	42,5	47,5	42,5	41,72	12

Team (points)

1. England	12 [12]	41,72 IPF GL
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Best Lifters of Masters 4 by IPF GL Formula

Rnk	Lifter	Team	Bwt	Result	IPF GL Points	C.Rnk
1.	Follis Lynda	England	50.60	42,5	41,7201	1

Abbreviations:

nb - New pers. bestlifts; n - National Record; c - Continental Record; w - World Record; cp - Competition's Record; wg - World Games Record;

1..4 - Master's Record; j - Junior's Record; s - Subjunior's Record; ps. - Personally; X - the refused attempt.

DSQ - Disqualification; DR - Removed by a Doctor; TD - Technical Disqualification; DD - Doping Disqualification.

CAN = Canada

ENG = England

IMN = Isle of Man

IND = India

NI = Northern Ireland

NZL = New Zealand

PAK = Pakistan

RSA = South Africa

SCO = Scotland

WAL = Wales